

MHS Curriculum Overview
Physical Education

Last Updated May 2025

Gradebook standards for all physical education courses are:

- WI Standard 1: Active Movement - Participation/activity level in physical activities depends on the consistent execution of motor skills & movement patterns
 - While participating in game play activities students should move with a purpose, understanding concepts such as positioning, transitioning from offense to defense and game strategies, maintain an elevated heart rate and increase muscular strength and endurance.
- WI Standard 3: Knowledge and Skill Concepts - Critical thinking about rules, strategies & etiquette enhances performances.
 - Students should be able to apply the knowledge they have gained to participate successfully. Understanding proper etiquette, strategy and game play rules is the key to success.
- WI Standard 5: Personal Responsibility - Responsible people respect self, others & equipment in physical activity settings
 - Students exhibit responsible personal and social behavior that respects self and others in the physical activity setting. Being on time and prepared for class is a success skill that shows you're ready to be active and learn.

Fitness Foundations	Lifetime Fitness	Fitness Through Sport	Strength and Speed
Topics of Study <ul style="list-style-type: none">● Archery● Basketball● Lacrosse● Badminton● Swim● Rugby● Golf● Tennis● CPR,● Social dance● Volleyball● Soccer● Tchoukball● Ultimate frisbee● Team handball● Wiffle Ball	Topics of Study <ul style="list-style-type: none">● Aerobic and fitness center activities.● Speed walking.● Recreational sport activities	Topics of Study <ul style="list-style-type: none">● Volleyball● Basketball● Flag football● Badminton● Bowling● Lacrosse● Softball● Floor hockey● Golf● Yard games	Topics of Study <ul style="list-style-type: none">● Warm-up, flexibility, and speed drill programing● Prescribed workout plans● Speed, power and acceleration.